



# HEALTHY PIZZA – YEAR 3 DT KNOWLEDGE ORGANISER



## Key Vocabulary

## Sticky Knowledge

Ingredients	Any of the foods or substances that are combined to make a particular dish.
Food Groups	Fruits, Vegetables, Grains, Protein Foods, and Dairy.
Healthy	Something that shows or promotes good health.
Balanced diet	<b>Eating at least 5 portions of a variety of fruit and vegetables every day</b> and including some of all the other food groups in sensible amounts.
Pizza base	The bottom crust upon which a pizza is formed. Typically, it is formed from a raw, rolled out dough made from wheat flour.
Toppings	The food items that are placed on top of the pizza.
Taste	The sensation of flavour noticed in the mouth and throat on contact with a substance.

- Food comes from plants and animals.
- In order for us to get food, we need to grow it, raise it, or catch it.
- Food can be grown, raised or caught.
- Foods are made from ingredients.
- In order to stay healthy, it is important that we eat a balanced diet of foods from each of the five food groups. Too much of any one food group is not healthy for us.
- Within each food group, some foods have different benefits (e.g. fish has less fat than red meat).

## KEY SKILLS



Know that food is grown, reared and caught in the UK, Europe and the wider world.

Understand how to prepare and cook a variety of dishes safely and hygienically.

How to use a range of techniques such as peeling, chopping, slicing, grating, mixing, spreading, kneading and baking.

Start to understand that a healthy diet is made up from a variety and balance of different food and drink, as depicted in 'The Eat well plate'

